

Online Supporting Material

Supplemental Table 1 Food recipes¹ with highest (g/100g food) TFA, total fat and total protein

Item Name	TFA (g/100g food)	Item Name	Total Fat (g/100g food)	Item Name	Total Protein (g/100g food)
margarine	10.4	oil, canola & soybean	100.0	bacon	34.7
margarine, soft, 80% fat, pat	7.6	butter	81.1	game meat	30.0
biscuits	5.6	margarine (80% fat) tub	80.4	chicken (seldom with skin)	29.1
salty snacks	3.7	margarine	79.5	pork	27.5
creamy salad dressing (rarely low fat)	3.7	peanuts	52.5	beef (sometimes fat)	27.1
corn bread	3.5	oil and vinegar	37.3	beef (seldom fat)	26.9
doughnut	3.1	bacon	35.8	liver	26.2
french fries	3.0	salty snacks	31.1	chicken (sometimes with skin)	26.0
fried fish	2.9	creamy salad dressing	29.6	low fat cheese	25.5
salad dressing (sometimes)	2.4	sausage	27.1	fresh fish	25.5
pasta with cheese	2.4	total cheese	27.0	chicken with skin	25.5
cookies	2.1	candy bar	22.4	beef (often fat)	25.3
cookies (rarely low fat)	2.1	beef (often fat)	22.3	peanuts	24.2
fruit pie	1.5	doughnut	19.3	hard cheese sometimes	23.4
butter	1.2	beef (sometimes fat)	18.5	fried chicken	22.4
beef (sometimes fat)	1.1	hard cheese (sometimes)	18.5	hamburger	21.3
beef (often fat)	1.1	fried chicken	17.4	total cheese	21.2
cream pie	1.1	pork	16.9	meatsub	21.0
low fat salad dressing	1.1	salad dressing	16.6	canned fish	20.7
low fat salad dressing	1.1	cookies	15.9	total seafood	20.2
hot dog	1.1	beef (seldom fat)	15.6	sausage	17.3
cookies sometimes	0.9	pasta with cheese	14.8	other ground beef	17.2
hamburger	0.9	sandwich, hot dog, plain, fast food	14.8	fried fish	14.7
beef (seldom fat)	0.9	ice cream	14.6	breakfast bar	14.2
dark bread	0.9	ham bologna	14.6	ham bologna	13.6
cheese (rarely low fat)	0.8	hamburger	14.5	cottage cheese sometimes fat	13.1

tortillas	0.8	cream pie	14.3	eggs, hard boiled, med	12.6
eggs, hard boiled, med, each	0.8	biscuits	14.1	cottage cheese, creamed, large curd	12.5
white bread	0.7	fried fish	12.3	pizza	11.4
ham bologna	0.7	pizza	12.0	sandwich, hot dog, plain, fast food	10.6
bagels	0.7	chicken often skin	12.0	dark bread	10.6
pumpkin pie	0.7	cream	11.5	egg substitute	10.4
fried chicken	0.6	cream, half & half	11.5		
beef stew	0.6	cookies (sometimes)	11.5		
		fatty snacks	11.4		
		french fries	11.4		
		fruit pie	11.2		
		ground beef	11.0		
		eggs, hard boiled, med	10.6		
		ice cream (sometimes)	10.1		
		chicken sometimes skin	10.1		
		low fat cheese	10.0		

¹Food recipes estimate the average intake of food item based on combined intakes of specific foods in FFQ that would contain that food item.

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Supplemental Table 2 Serving sizes for specific dairy and meat products

Food Category	Includes	Serving size
Total Dairy	Total milk, cottage cheese, total cheese, yogurt, butter, margarine, ice cream, cream	Serving size varies by specific dairy product
Total Milk	Skim, 1%, 2% and whole milk	8 oz
Any Fat Milk	1%, 2% and whole milk	8 oz
Skim Milk	Skim milk	8 oz
Cottage Cheese	Cottage cheese	0.5 cup
Total Cheese	Cheese, hard cheese and lowfat cheese	2 slices or 2 oz
Yogurt	Yogurt or frozen yogurt (regular or lowfat)	8 oz
Ice Cream	Ice cream	0.5 cup
Butter	Butter	2 tsp
Margarine	Margarine	2 tsp
Cream in coffee	Cream (real) or Half-and-Half in coffee	1 tbsp
Total Meat	Red meat, liver, pork, chicken, total seafood	Varies by specific meat product
Red Meat	Hamburger, other beef, hot dogs, ham, bologna, lunch meats	Varies by specific meat product
Hamburger	Hamburger, cheeseburger patties	1 medium or 4 oz
Processed Meat	Hot dogs, ham, bologna, lunch meats	Varies by specific meat product
Fried Chicken	Fried chicken	1 large or 2 small pieces
Other Chicken	Chicken seldom skin, chicken sometimes skin, and chicken often skin	5 oz
Total Seafood	Fried fish, fresh fish, canned fish, and shellfish	3 oz for shellfish, 5 oz for other fish
Fresh Fish	Fresh fish (baked or steamed)	5 oz
Fried Fish	Fried fish or fish sandwich	5 oz
Canned Fish	Canned fish (tuna, tuna salad, tuna casserole, salmon, sardines)	5 oz
Eggs	Eggs	2 eggs